

養生纏絲功—Silk Reeling Exercises for Health (SRE-H)

Silk Reeling Exercise for Health (SRE-H)* Movements: Begin by assuming the wuji stance with appropriate body alignment and a relaxed state of mind. Proceed from head to toe, left to right, and open/outward to close/inward with deep and relaxing breathing between Movements to bring in the energy.

1. Neck Rotation “轉頸尋肩”
2. Shoulder Rotation “旋肩”
3. Shoulder/Chest Opening/Closing
“開合折靠” (set on Kao Energy)
4. Elbow Rotation “轉肘開合”
5. Wrist Rotation and Arm Circle
“旋腕開合” (chest front circling
and spiraling out from Dantian)
6. Hand Shaking and Wrist Stretch
“抖手延腕”
7. Peng/Cai Energy Drill “棚採功法”
8. Spine Stretch “百關通”
9. Waist Turning with Punching
“轉腰發拳”
10. Hip Rotation “旋襠”
11. Kua Circling Out with a Kick
“開旋踢足”
12. Kua Circling In with a Kick
“合旋踢足”
13. Knee Rotation “旋膝”
14. Ankle Rotation “旋踝”
15. Toe Grabbing “抓地趾”
16. Dantian Rotation & Shaking
“旋抖丹田” (legs, arms, and whole
body shaking)

* Master Tony Wong creates and compiles this unique sequence of SRE-H mainly for the health benefits of his students by strengthening their physical conditions and thus maintaining their quality of life. SRE-H is a concise version of SRE which integrates the Silk Reeling Exercises from both Chen Style Hun Yuan Taijiquan system in Beijing and the Chen Style Taijiquan system (Lao Jia and Xin Jia) from the Chen Village, and the very essential Dantian Rotation exercise Master Tony Wong learned from his Shifu, Grandmaster Chen Qingzhou.

纏絲功—Silk Reeling Exercise (SRE)

Silk Reeling Exercise (SRE)* Movements: Begin by assuming the wuji stance with appropriate body alignment and a relaxed state of mind. Proceed from head to toe, left to right, and open/outward to close/inward with deep and relaxing breathing between Movements to bring in the energy.

1. Neck Rotation “轉頸尋肩”
2. Shoulder Rotation “旋肩”
3. Chest Opening/Closing “開合折靠”
(set on Kao Energy)
4. Elbow Rotation “轉肘開合”
5. Wrist Rotation and Arm Circle
“旋腕開合” (chest front circling and spiraling out from Dantian)
6. Hand Shaking and Wrist Stretch
“抖手延腕”
7. Peng/Cai Energy Drill “棚採功法”
8. Spine Stretch “百關通”
9. Hand Maneuver “定步雲手”
(chest front circling)
10. Oblique Arm Circle “斜向雲手”
11. Dantian to Wrist Spiraling Out
“旁旋開臂” (rolling out sideways)
12. Dantian to Wrist Spiraling In
“旁旋合臂” (rolling in sideways)
13. Diagonal Circle & Lie Energy Drill
“斜擒捌法”
(sinking, qinna, and Lie drill)
14. Horizontal Circle “平心開合”
(sideways with chest opening and closing)
15. Body Stretch “上下開合”
(chest opening/closing with body stretching up/down)
16. Chest and Abdomen Folding
“胸腹折疊”
17. Four-Energy Drill “四正手法”
(Peng, Lu, An, Ji)
18. Waist Turning with Punching
“轉腰發拳”
19. Hip Rotation “旋襠”
20. Kua Circling Out with a Kick “開旋踢足”
21. Kua Circling In with a Kick “合旋踢足”
22. Knee Rotation “旋膝”
23. Ankle Rotation “旋踝”
24. Toe Grabbing “抓地趾”
25. Dantian Rotation & Shaking
“旋抖丹田”
(legs, arms, and whole body shaking)

* Master Tony Wong creates and compiles this unique sequence of SRE for his Chen Family Taijiquan classes by integrating the Silk Reeling Exercises from both Chen Style Hun Yuan Taijiquan system in Beijing and the Chen Style Taijiquan system (Lao Jia and Xin Jia) from the Chen Village, and the very essential Dantian Rotation exercise he learned from his Shifu, Grandmaster Chen Qingzhou.